

TIMOTHY CHRISTIAN GIRLS BASKETBALL



Program Handbook

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6th Grade Coach: Megan Venhuizen

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Our Mission Statement

Student Athletes involved in the Timothy Christian Girls Basketball Program will have a positive experience that will impact them mind, body and soul. They will be taught many valuable life skills such as discipline, respect, hard work, and team work. All of these skills, plus many more are stepping stones towards **Building Character from the Heart!**

Program Verse

“Be on your guard; stand firm in the faith; be people of courage; be strong. Do everything in love.”
1 Corinthians 16:13-14

Program Motto

Energy, Effort, Execution

Philosophy of Basketball

The game of basketball takes on many different styles of play. Whether it is slow and controlled or fast and aggressive or anything in between, each coach’s style is unique. To allow for a coach’s uniqueness to develop and grow a coach should keep in mind what his/her priorities are. Is the coach going to focus on defense, rebounding, up-tempo, teamwork or a collection of all of these? Whatever style is chosen, a coach must believe in his/her “system” and instill that belief into the players.

Here again, much like my other philosophies, my philosophy of basketball is an on-going journey that will continue to be edited, critiqued and adapted to fit the betterment of my team. However, there are core values, which each coach holds dear to his heart and he from which he will not waiver. I am no different, when it comes to the core values in which I believe. I firmly believe that basketball is an up-tempo, team-first, fun sport that requires hard work and knowledge of the fundamentals. These fundamentals are reflected in how I coach and in what I teach my players.

First, let me explain the core value of teaching and coaching an up-tempo style of play. Basketball is full of transitions. Whether it is from offense to defense or vice versa, the game demands that you transition quickly! When a team of mine gets a rebound, I expect them to push the basketball up the court as quickly as possible. With players running the lanes appropriately, scoring in transition is always the focus. The term “early offense” is stressed and reflects the emphasis on scoring in transition. This is a highly effective strategy because defenses don’t get the chance to set-up properly. On the flip side, getting back in defensive transition is also a must. Sprinting back on defense is not a choice, it is expected. Getting back before the offense has a chance to attack is crucial to slowing the other team down. In transition defense, I teach our players to pick up the ball early, protect the paint and force the offense to make at least two non-threatening passes. If this is accomplished on a routine basis, transition defense sets the ground work for great half-court defense. As you can see, transitions are

vital in the game of basketball. I expect our players to run hard and be in shape in order to be successful in this part of the game.

There are many clichés out there about being a part of a team. Such as, there is no “I” in team; it’s “we” before “me” and as the late John Wooden stated “be more concerned with what you can do for others than what others can do for you.” All of these are great, but the acronym that I use is simply the word TEAM, which stands for Together Everyone will Achieve More. This great game of basketball demands that you put the best interest of your teammate before yourself. When this is taught, practiced and repeated, not only will you have great teammates, but your chemistry as a unit will be “off the charts”. This lasting principle will have an impact on your player’s lives--when they are a part of your program and after they leave it.

It would be naïve for a coach to ignore the fundamentals of basketball. Such fundamentals include, but are not limited to: ball handling, passing, shooting, footwork and moving without the ball. These skills need to be taught, reinforced and players need to be held accountable for them. Personally, I take time every practice to focus on these fundamentals so my players understand that I value these traits in them. Having solid skills to build on allows a coach to “open up” a player’s potential and encourage them to reach higher. A coach has a responsibility to make his/her players’ better and skill-building is one of the major areas that need to be covered.

Finally, the core values of hard work and fun must be part of the equation. I expect every player of mine to work as hard as they can to maximize their potential. I want the mindset of my players to be that of “leave nothing on the court” and to “give everything they have”. A simple standard that I hold myself and my players to is the motto of Energy, Effort and Execution. This is a daily goal of mine as I feel it’s important to set the standard by giving great energy, effort and execution regarding all facets of the game. With everything that has been stated to this point, one must keep in mind that this game is meant to be FUN. Most players play this game because they simply enjoy it. It is fun. A coach who takes the fun out of the game is someone that I do not want to be associated with. The lasting impression you have on a player is whether or not they enjoyed playing for you and had a great experience.

It is my hope that each player has the experience of being pushed, encouraged, supported, and taught while “playing”. May I never forget that this game of basketball can be a training ground for instilling lifelong principles. When a player leaves my program, may they walk away satisfied and better prepared for life ahead.

Performance Pyramid

Outcome:	Success
Game:	Focus, Execution
Practice:	Energy, Effort, Preparation
Skill:	Agility, Speed, Endurance, Power
Individual:	Dedication, Hard Work, Desire, Mental Toughness, Discipline
Essential:	<u>Respect, Integrity, Responsible, Honest, Humility, Faith</u> Glorifying Our Dear Father

My performance pyramid has 6 levels. My initial level which is entitled “ESSENTIAL” sets the foundation for our lives Glorifying Our Dear Father. It is important to understand that our actions and thoughts must come back to our true being here on earth. If we lose sight of our real purpose, then we will not be successful at all.

The second level, INDIVIDUAL, contains elements of what it takes for one person to grow and become grounded in their pursuit of success. This level requires dedication, a personal commitment to sacrificing other things to pursue success. The quality of hard work, reminds us that we need to push ourselves to attain more. Internal desire is the motor that burns from within.. It’s the driving force to keep one going. The ability to display mental toughness, truly allows for an athlete to separate themselves from others. It is the unique ability to “block out” meaningless distractions and to concentrate on what is important. Finally, discipline, is what holds this level together. Discipline is remembering what you want!

The third level, SKILL, requires the athlete to invest a lot of time in and out of season. An athlete will not be successful if they forget to improve their skill. The importance of agility, speed, endurance and power are important in developing the physical body and the self-confidence to achieve greater rewards. The improved skill will naturally lead to the fourth level by means of expecting more out of oneself.

Once the skill has developed and improved, the opportunity comes to put that into PRACTICE. Investing the energy and the effort to maximize your skill is of high importance as you continue to prepare for success. This leads us to the final element of the fourth level, preparation. As Brooks Robinson says: “If your not practicing, somebody else is, somewhere, and he’ll be ready to take your job.

Once the game arrives the practice allows you to focus and execute the needed tasks to do your best. If you can do this, then whether you win or lose, your final OUTCOME will be success.

Goal Setting

Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn this vision of the future into reality. The process of setting goals helps you choose where you want to go in life. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts. You'll also quickly spot the distractions that would otherwise lure you from your course. More than this, properly-set goals can be incredibly motivating, and as you get into the habit of setting and achieving goals, you'll find that your self-confidence builds fast. (Carlson 2001)

Goal setting techniques are used by top-level athletes, successful business-people and achievers in all fields. They give you long-term vision and short-term motivation. They focus your acquisition of knowledge and help you to organize your time and your resources so that you can make the very most of your life.

By setting sharp, clearly defined goals, you can measure and take pride in the achievement of those goals. You can see forward progress in what might previously have seemed a long pointless grind. By setting goals, you will also raise your self-confidence, as you recognize your ability and competence in achieving the goals that you have set.

A goal setting program that can be used with any program can be broken into three main categories: process, performance and personal. For each of these three categories it is good to break the goals into two sub-categories entitled: Basketball and Life. In the chart that is included in the appendices (Appendix I) you will see that there are six rows with six columns. The first two rows deal with the Process Goals, the third and fourth rows deal with the Performance Goals and rows five and six deal with the Personal Goals. For each row your players are to give a basketball goal and a life goal as it pertains to short-term and long-term. Here is some quick goal setting tips to keep in mind as you prepare to begin your journey:

- 1) Make goals meaningful. Goal setting for the sake of goal setting almost always ends in disappointment. Goal setting is simply a tool to use in achieving a favorable outcome -- what some people call a "Dream."
- 2) Use positive language and the present tense when setting a goal. It is better to say "I weigh a healthy, trim and fit 185 pounds" than "I want to lose 20 pounds."
- 3) Always put your goals in writing. Every expert agrees that setting a goal without putting it in writing drastically reduces your chances of success.
- 4) Goal setting should take place in every area of your life, including Health, Relationships, Spiritual, Emotional and Mentally.
- 5) Setting Life Goals will add dimension, excitement and texture to your life.
- 6) Failure doesn't always mean that you did something wrong in your goal setting or implementation. It may just mean that the time you allotted for success wasn't adequate. A thorough review process should be undertaken before setting the goal again.

Process Goals: these goals are designed to be a work in progress. In other words, this is a goal that players should be working on all throughout the season and in their lives. It is a goal that may not have an end in sight, but it has direction towards something greater. For example, being able to dribble the ball equally with both hands. This is a goal that will take some time, but it is important to the overall development of the player.

Performance Goals: these goals are designed to work on something particular within a basketball game or in life. Examples could include: taking a charge in a game, forcing my player to the baseline, encouraging my teammates throughout the game, high five someone after a great pass and so on.

Personal Goals: this is where the player gets to put expectations on themselves. In other words, something to strive for and live up to. Examples could include: averaging 10ppg and 6rbg, while Life Goals could focus on doing devotions daily or reading the Bible daily.

Expectations

Conduct

First and foremost we must understand that we are image-bears of Christ. With this proclamation, we as players and coaches live by a different standard. The way we play and conduct ourselves will be on display a lot. Understanding what it means to be a competitor, a good sport and a reflector of Christ is a torch that can be difficult to carry. May we embrace this difficult challenge together with wisdom and discernment.

- We intend to promote an environment in which champions can develop and flourish. We recognize the importance of working together.
- We take responsibility for all our actions, their consequences, and our own physical and mental preparation. Excuses are seen by all as a failure to take responsibility.
- Despite our aspirations, none of us is perfect. Therefore, it is necessary for us to forgive each other and ourselves again and again and again.
- We keep lines of communication open and attempt to be straight with each other by speaking clearly and directly. One way we do this is by listening carefully to everyone.
- Anything worth doing is worth having fun doing it. It is our intention to get as much enjoyment as we can from the team, practices, games, and other team activities.

Life Priority

There are a variety of things that compete for our attention in this world. It is our hope that as a member of the Timothy Christian Girls Basketball Program you will understand the priority of things in your life. As the staff of the Girls Basketball Program we would like to encourage the following priorities:

1. God
2. Family
3. Academics/School
4. Sports

Practices

Every day we practice must be seen as an opportunity to learn, grow and challenge one another. As a player you must be mentally focused, energetic and be ready to be challenged from the coaching staff. Each practice is thought out and prepared to make the team better. We expect every player to be on time and ready to go when it's time to hit the court. Be early and dressed ready to go! Making good habits go a long way towards the overall success of the team.

Holidays & Breaks

On holiday breaks, players are expected to practice periodically on their own initiative. In addition to player-scheduled practices, the coaching staff will schedule practices periodically during breaks and all players are expected to be present! Players needing to be gone for the holiday or family vacations must be approved at the discretion of the head coach!

Game Day

In order to be eligible to play in a game, all **High School** athletes must attend 5 full periods during the school day. Players will decide the attire of the day. Everyone is expected to follow the decision set by the team. This is a small thing, but this is another great way to show team chemistry and unity. Most of our games will be played later in the evening around 7:00 or 7:30pm. Also, there is usually a lower level game before us which will allow us to begin mentally preparing for our game. At halftime of the game before us (usually sophomores), players should report to the locker room to change, get taped and continue to mentally prepare for the game. The coaching staff will enter at the beginning of the 4th quarter and pass along final instructions. Players should be focused on the game at hand and ready to execute the game plan.

Lower level teams, freshman and sophomores, are expected to stay for at least the first half of the varsity game when the opportunity is presented. This is especially true for all home games!

Penalties

It is important to understand that practices and games are very important opportunities to the overall development of the individual and the team. Furthermore, missing these opportunities can hurt the overall success of a player and the team. This includes family vacations. However, each player can miss one practice excused or unexcused. The player must notify the coaching staff they will be gone. The following penalties will be enforced in regards to playing time. The coaching staff will determine what is unexcused and what is excused. Each situation will be dealt with on an individual basis and penalties will be enforced at the coach's discretion.

Unexcused Missed Practices:

- 1 = will not start and playing time will be at the coach' discretion
- 2 = miss a complete game
- 3 = conference

Excused Missed Practices:

- 1 = will not start and playing time will be at the coach's discretion
- 2 = same as above
- 3 = conference

Missed Games:

- 1 = miss one complete game (in essence 2 games)
- 2 = miss two complete games (in essence 4 games)
- 3 = conference

If a player is injured or sick for a long period of time, the coaching staff has the right to make the appropriate decision on playing time. Also, any family issues (death, wedding, special engagements) will not be held against the player...period!

Playing Time

We understand that you want your daughter to play and the coaching staff respects that. However, the coaching staff's decisions will be based on the following things but not limited to. 1.) How they are

practicing on a daily basis. 2.) Is the player making any improvements in their overall individual game. 3.) Contribution in games. Please understand that we as a coaching staff are doing the best that we can to make the team and the program better. It is the responsibility of the player first, to talk to the coach about playing time, not the parents. Here again, this is a minor thing that can disrupt the overall success of the team. We have a policy as a program that you please wait 24 hours before you talk to a coach about an issue you may have.

Timothy Basketball Players' "guaranteed playing time" stops at the middle school 8th grade team. Players on the 7th and 6th grade teams are guaranteed to get playing time in every game- the goals of playing time and winning are equal at this level. For the 8th grade team, Freshman/Sophomore high school team, and varsity team, winning takes on more importance, and playing time is not guaranteed for these levels. Players that make these teams are expected to understand this. Coaches are expected to communicate each player's perceived role on the team at the beginning of the season. A player may not leave a practice or game early, other than those approved by the coach. If a player chooses to leave a game early for a reason not approved by a coach, the player's playing time will be at the discretion of the coach.

Parent / Coach Relationship

Both parenting and coaching are very difficult. By establishing an understanding between coaches and parents, both are better able to accept the actions of the others and provide a more positive experience for everyone. Parents have the right to know, and understand, the expectations placed on them and their child. We do ask that you wait 24 hours after a game before meeting the coach.

Communication parents should expect from their child's coach:

- 1) Expectations the coach has for your child, as well as for other players on the team
- 2) Locations and times of practices and contests
- 3) Team requirements (i.e., special equipment needed, school & team rules, off-season expectations)

Communication coaches expect from parents:

- 1) Concerns regarding their daughter, expressed directly to the coach, at the appropriate time
- 2) Specific concerns in regard to the coach's philosophy and/or expectations
- 3) Notification of any schedule conflicts well in advance

Appropriate concerns to discuss with a coach:

- 1) The mental and physical treatment of your child
- 2) What your daughter needs to do to improve
- 3) Concerns about your daughter's behavior

Issues NOT appropriate for discussion with your daughter's coach:

- 1) How much playing time each athlete is getting
- 2) Team strategy
- 3) Play calling
- 4) Any situation that deals with other student athletes

It can be very difficult to accept that your daughter is not playing as much as you and she had hoped. Coaches make decisions based on what they believe are in the best interest of all student athletes participating.

Our coaching staff is always willing to sit-down and discuss any concerns you may have with our program. All meetings will involve two coaches present in conjunction with the parent(s). Feel free to contact us to set-up a meeting on a non-game day. Should you feel the concern is not appropriately addressed after the meeting, you should call the Athletic Director to setup a meeting between the athletic director, coach(es), and parent(s).

Anti-Hazing Policy

Hazing is prohibited at Timothy Christian High School and will not be tolerated on our basketball team. We are all equals on this team. Hazing is a practice which diminishes the integrity of individuals and their teams, activities, and organizations. Hazing occurs when an action is taken against a person for the purpose of initiation or admission into that organization or team where the action either results in humiliating, intimidating, demeaning, or endangering the physical/mental health of the person. Any player found in violation of this policy will either be suspended or removed from the basketball team.

My Space/Facebook Websites

Athletes who have My Space or Facebook webpages will be disciplined accordingly for inappropriate pictures, comments or videos that are posted on their site or that of others. Athletes that post what they think are "private" My Space or Facebook photographs that become public will be held accountable. A significant number of athletes are captured in very embarrassing photographs that have proven to be a huge embarrassment to the athletes/students/ families and God. Players are cautioned that NO ONE in our program put anything on My Space or Facebook that would embarrass themselves, their family or the school. Remember - once it goes on a web-site it can be distributed throughout the public. Also realize that whatever comments that you make on that site - are also in the public domain. So what may seem cool to write to a friend --- may be very embarrassing if it goes to the general public.

Team Liaison

The team liaison position(s) is held by parents who have volunteered their time to help the program out. Their duties include organizing service projects, team outings, emailing parents, special game day events, connecting the program to the community and vice versa. Each coach is encouraged to have at least one team liaison to help in any way possible. If this is something that interests you, please contact your daughter's coach. We would greatly appreciate your help behind the scenes.

Team Blog Spot

At the moment, only the Varsity has a blog set in place. The blog will be another form of communication from the coaching staff to the players, parents and other family members. The blog will feature game summaries, directions to games, practice/game schedules and useful links to a variety of sites. The blog will also act as a source of important announcements, emergency news and cancellation or changes to our schedules. We encourage you to visit the blog on a regular basis.

Blog Spot Address: www.tcsgirlsbasketball.blogspot.com

Lower Level/Assistant Coaches

Lower Level/Assistant Coaches play a huge role in our program. They are the ones who are developing the athlete in the game of basketball and instilling in them a work ethic to achieve more. Each coach is responsible to do their very best in coaching their team and assisting the entire program in general. It is important to stay up to date with current strategies, attend clinics to further your knowledge and be accountable to making yourself the best coach possible. Below are some points on how you can help the program:

- * You have to bring energy/enthusiasm
- * Get players off the fence, work hard
- * Add value
- * Enforce the culture, confront the players who are not following the core values
- * Positive body language
- * Be ready to speak when the coach needs you.
- * It's not your program, it is the head coaches
- * Emotion vs. Evaluation
- * Give solutions to problems you see
- * Read your head coach

Furthermore, lower level coaches should look for ways to assist the program to help strengthen and solidify the overall development of all parties involved. The sophomore and freshman coach should make it a priority to sit on the bench during the varsity games. This is a great way to provide another pair of eyes, ears and ideas to the head coach during the game.

Community Involvement

As we adhere to the mission statement of Timothy Christian Schools which states "Serving God and His people, Timothy Christian Schools develops academically prepared Christian disciples who embrace Christ's call to transform the world", it is the goal of the Girls Basketball Program to make a difference in Timothy's community and the greater community at large. There are many ways to do this which can include service projects, praying for the school, mentoring younger girls and putting others before ourselves. May we as a whole remember that God has given us a wonderful opportunity to make a difference for Him and His kingdom. Let us embrace this with open arms.

Coaching Staff

Contact Information

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- 7th Grade Coach: Kate Adams
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- 6th grade Coach: Megan Venhuizen
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Required Basketball Program Terminology

phrases for all players grades 6-12 need to know:

Offensive System – “Runner”

“Stay wide”

“Run the lanes”, “Face-Up”

“Man to man”, “Triple Threat Position”

“Get back”, “Defensive Stance”

“no middle” “see ball and man”

“force baseline”, “drop step”

“front the post”, “crossover”

“deny”, “up and under”

“box out”, “two feet takeoff”

“close out”, “baseline power”

“screen and roll”, “pull-up”

“set a screen”, “jump stop”

“get a touch”, “follow through”

“palms up”, “shot fake”

“bounce, chest, overhead passes”

“skip pass”, “chop your feet”

“rotate”, “strong side”

“recover”, “weak side”

“pass and move”, “ball side”

“sprint the court”, “backdoor”

“help”, “early offense”

“ball pressure”, “reverse the ball”

“foul”, “no face cut”

“free throw”

Timothy Christian Girls Basketball

Player & Parent Contract

We, _____ the parent/guardian (s) of _____ have read the contents of this handbook with our student. We clearly understand as a parent and participant the expectations and policies that will contribute to the success of our daughter and the team. We acknowledge that the expectations and policies that will govern the 2010-2011 girls basketball program are fair and consistent. As a caring member of the Timothy Christian Girls Basketball Program, we agree to uphold these expectations to the best of our abilities. We also accept our role and responsibilities to ensure that our student becomes a positive and valued member of the team.

Parent/Guardian Signature: _____ Date: _____

Participant Signature: _____ Date: _____

Head Coach Signature: _____ Date: _____

A copy of this contract will be placed in a file maintained by the coach for each athlete during the season.